

**INTEGRASI *LIFE SKILLS* KE DALAM PROGRAM
PELATIHAN SEPAK BOLA UNTUK PENGEMBANGAN
PEMUDA YANG POSITIF**

TESIS

Diajukan Untuk Memenuhi Persyaratan Mencapai Gelar Magister S2
Program Studi Pendidikan Olahraga



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Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh integrasi *life skills* ke dalam program pelatihan sepak bola. Metode penelitian yang digunakan adalah eksperimen dengan model *Quasi-Experimental Design*. Teknik pengumpulan data yang digunakan dalam penelitian ini adalah kuesioner. Teknik pengambilan sampel menggunakan teknik *purposive sampling*. Jumlah sampel adalah 45 pemuda laki-laki berusia 15-20 tahun yang dibagi menjadi tiga kelompok, yaitu: Kelompok pelatihan sepak bola dengan integrasi *life skills* secara terstruktur dan disengaja kedalam program latihan oleh 15 pemuda (kelompok A); Kelompok pelatihan sepak bola tanpa integrasi *life skills* didalam program latihan oleh 15 pemuda (kelompok B); dan kelompok yang tidak mengikuti pelatihan sepak bola oleh 15 pemuda (kelompok C). Analisis Anova satu jalur menemukan bahwa terdapat perbedaan perkembangan *life skills* dari ketiga kelompok. Perkembangan *life skills* kelompok A lebih tinggi daripada kelompok B dan kelompok C. Dalam praktiknya, sepak bola berpotensi mengembangkan *soccer skills* dan *life skills*. Dengan harapan pemuda menganggap sepak bola bukan hanya sekedar permainan tetapi adalah hidupnya serta mengaplikasikan *life skills* di luar konteks sepak bola atau dalam kehidupan sehari-hari.

Kata kunci: Pelatihan Sepak Bola, *Life skills*, Pengembangan Pemuda Positif

**INTEGRATING LIFE SKILLS INTO SOCCER TRAINING PROGRAMS FOR
POSITIVE YOUTH DEVELOPMENT**

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Abstract

This study aims to determine the effect of integrating life skills into a soccer training program for positive youth development. The study method used was experimental with the Quasi-Experimental Design model. The sampling technique uses purposive sampling. The number of samples were 45 male youth aged 15-20 years which were divided into three groups, namely: Football training group with structured and planned life skills integration into a training program by 15 youth (group A); Football training group without integration of life skills in an exercise program by 15 youth (group B); and groups that did not attend soccer training by 15 youth (group C). One-way Anova analysis found that there were differences in the development of life skills from the three groups. The development of group A's life skills is higher than group B and group C and group B is higher than group C. In practice, soccer has the potential to develop soccer skills and life skills. With the hope that young people consider football not only a game but it is their life and applying life skills outside the context of football or in everyday life.

Keyword: Soccer Training, Life skills, Positive Youth Development

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